



Take a day of  
relaxation,  
for all of you



You can speak to us about our day care and day centres. Pop in or go to:

[www.osjct.co.uk/life-at-osjct/types-of-care/day-care/](http://www.osjct.co.uk/life-at-osjct/types-of-care/day-care/)

Day care services often provide significant benefits; from providing a day of practical support for people who are caring for or have a relative or friend living with them, a day to help relieve isolation and loneliness of those living on their own and also for those being cared for; it can provide a safe environment to relax and enjoy different activities or to pursue a hobby.

### **A little relaxation... and fun!**

Day centres and day care services can be wholly tailored around you, what you would like to do and what you enjoy. A few activities that are on offer include:



Quizzes  
and Bingo



Arts and  
crafts



Exercise  
sessions



Singing  
and music  
sessions



Day trips

If you choose to attend one of our day care centres, you will also be served a hot lunch and refreshments throughout the day. In many care homes, you can also be allocated a room for the day to relax in between activities or you may also be able to use the facilities, such as assisted bathing, hairdressing or foot care.

For a person looking after someone with dementia, a day of practical support has been proven to have significant benefits for all; whether you are looking for an opportunity to socialise and meet others, get a little help or just have a bit of a break to nip out to run errands. Day services offer a little respite and the peace of mind that your relative is well looked after. Additionally, this time can also mean that you can receive help and advice from trained staff and volunteers, should you feel this is something that would be of benefit.

### **No commitment required...**

You don't have to make a big commitment – many day centres are very flexible, and you can vary times from week to week or month to month. Day centre and day care services are available for all older people – as a one off or on a regular basis and ultimately to provide a warm and comfortable environment committed to providing the best of care and care services.